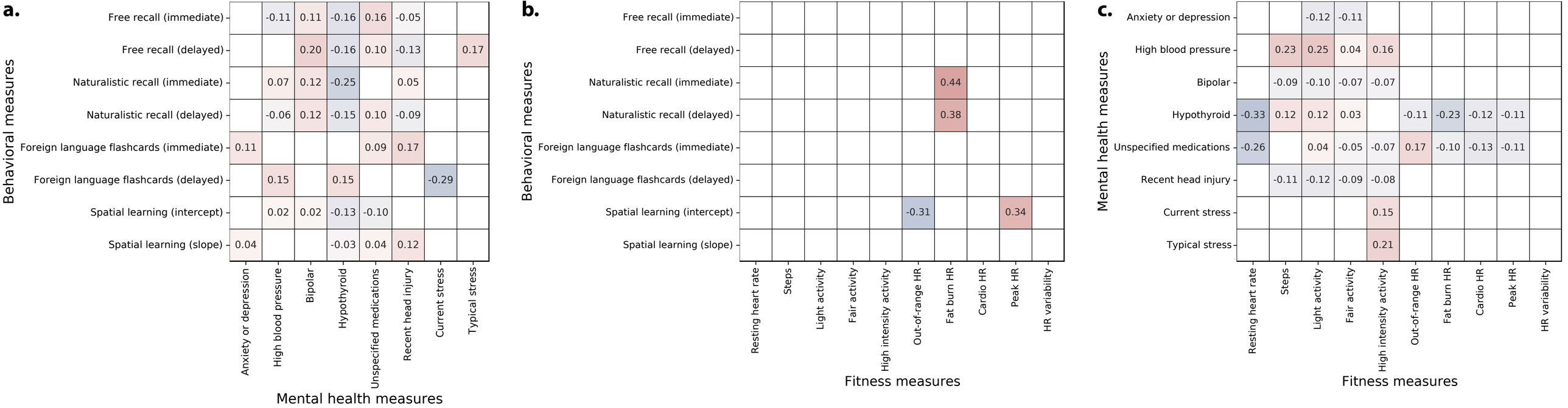
a.
Behavioral measures
Free recall (immediate) -0.11 0.11 -0.16 0.16 -0.05
Free recall (delayed) 0.20 -0.16 0.10 -0.13 0.17
Naturalistic recall (immediate) 0.07 0.12 -0.25 0.05
Naturalistic recall (delayed) -0.06 0.12 -0.15 0.10 -0.09
Foreign language flashcards (immediate) 0.11 0.09 0.17
Foreign language flashcards (delayed) 0.15 0.15 -0.29
Spatial learning (intercept) 0.02 0.02 -0.13 -0.10
Spatial learning (slope) 0.04 -0.03 0.04 0.12
Anxiety or depression
High blood pressure
Bipolar
Hypothyroid
Unspecified medications
Recent head injury
Current stress
Typical stress
Mental health measures
b.
Behavioral measures
Free recall (immediate)
Free recall (delayed)
Naturalistic recall (immediate) 0.44
Naturalistic recall (delayed) 0.38
Foreign language flashcards (immediate)
Foreign language flashcards (delayed)
Spatial learning (intercept) -0.31 0.34
Spatial learning (slope)
Resting heart rate
Steps
Light activity
Fair activity
High intensity activity
Out-of-range HR
Fat burn HR
Cardio HR
Peak HR
HR variability
Fitness measures
c.
Mental health measures
Anxiety or depression -0.12 -0.11
High blood pressure 0.23 0.25 0.04 0.16
Bipolar -0.09 -0.10 -0.07 -0.07
Hypothyroid -0.33 0.12 0.12 0.03 -0.11 -0.23 -0.12 -0.11
Unspecified medications -0.26 0.04 -0.05 -0.07 0.17 -0.10 -0.13 -0.11
Recent head injury -0.11 -0.12 -0.09 -0.08
Current stress 0.15
Typical stress 0.21
Resting heart rate
Steps
Light activity
Fair activity
High intensity activity
Out-of-range HR
Fat burn HR
Cardio HR
Peak HR
HR variability
Fitness measures